



National Nutrient Database for Standard Reference

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Statistics Report 15020, Fish, croaker, Atlantic, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	78.03	--	0.594	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	104	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	435	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Protein	g	17.78	--	0.301	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	3.17	--	0.529	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	1.11	--	0.113	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Minerals													
Calcium, Ca	mg	15	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.37	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Magnesium, Mg	mg	40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phosphorus, P	mg	210	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Potassium, K	mg	345	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Sodium, Na	mg	56	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Zinc, Zn	mg	0.42	91	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Copper, Cu	mg	0.042	92	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Manganese, Mn	mg	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Selenium, Se	µg	36.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Thiamin	mg	0.075	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Riboflavin	mg	0.095	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin	mg	4.200	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Pantothenic acid	mg	0.750	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Vitamin B-6	mg	0.300	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folate, total	μg	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Folate, DFE	μg	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total	mg	67.0	--	--	--	--	--	--	--	--	Calculated or imputed	15057	03/2009
Vitamin B-12	μg	2.50	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Retinol	μg	12	--	--	--	--	--	--	--	--	Calculated or imputed	15057	03/2009
Carotene, beta	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Carotene, alpha	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	41	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Lycopene	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol)	mg	1.29	--	--	--	--	--	--	--	--	Calculated or imputed	15057	03/2009

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Vitamin D3 (cholecalciferol)	µg	0.7	--	--	--	--	--	--	--	--	Calculated or imputed	15057	03/2009
Vitamin D	IU	27	--	--	--	--	--	--	--	--	Calculated or imputed	15057	03/2009
Vitamin K (phylloquinone)	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	15057	03/2009
Lipids													
Fatty acids, total saturated	g	1.088	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.049	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	0.836	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:0	g	0.203	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total monounsaturated	g	1.149	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:1 undifferentiated	g	0.464	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:1 undifferentiated	g	0.593	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:1	g	0.086	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.464	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:2 undifferentiated	g	0.046	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:3 undifferentiated	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:4 undifferentiated	g	0.092	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:5 n-3 (EPA)	g	0.123	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:5 n-3 (DPA)	g	0.086	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:6 n-3 (DHA)	g	0.097	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cholesterol	mg	61	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Amino Acids													
Tryptophan	g	0.199	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Threonine	g	0.780	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	0.819	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Leucine	g	1.445	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lysine	g	1.633	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Methionine	g	0.526	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.191	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	0.694	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.600	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	0.916	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	1.064	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Histidine	g	0.523	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	1.075	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	1.821	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid	g	2.654	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	0.854	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Proline	g	0.629	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Serine	g	0.725	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003